



**JUNE 29, 2012**

Welcome to this week's edition of the E-Update, which contains information related to integration and your PBHCI grant project activities.

*Have a technical assistance need? Send all requests to Emma Green at [emmag@thenationalcouncil.org](mailto:emmag@thenationalcouncil.org) or call at 202-684-7457, ext. 251. The Center for Integrated Health Solutions provides technical assistance in all areas related to your integration efforts, including workforce issues, registries, wellness and health promotion, substance use, and peer support.*

Visit the PBHCI Grantee web page: <http://www.integration.samhsa.gov/pbhci-learning-community>  
Subscribe to the PBHCI Grantee list-serv: <http://lists.centerforintegratedhealthsolutions.org/mailman/listinfo/pbhcigrantees>  
Post messages on the PBHCI Grantee list-serv: [pbhci-grantees@lists.centerforintegratedhealthsolutions.org](mailto:pbhci-grantees@lists.centerforintegratedhealthsolutions.org)

## **IN THIS ISSUE**

### **Fall Learning Community Regional Meetings**

- **Save the Date!**

### **Resources**

- **In Case You Missed It: PBHCI Finance Webinar on Billing Primary Care as a Behavioral Health Provider Recording Now Available**
- **Nutrition and Exercise for Wellness and Recovery**

### **New on the CIHS Website**

- **June eSolutions: Finance and Billing**

## **FALL LEARNING COMMUNITY REGIONAL MEETINGS**

### **Save the Date!**

The fall in-person regional PBHCI Learning Community meetings are now set. Please save the dates for your regional meeting:

West Region (1): August 23-24, Portland, OR  
Central Region (2): September 6-7, Phoenix, AZ  
Southeast Region (3): September 27-28, Tampa, FL  
Midwest Region (4): September 20-21, Chicago, IL  
Northeast & Mid-Atlantic Region (5): September 13-14, Hartford, CT

Each meeting will begin at 1 pm on the first day and conclude by 3:30 pm on the second day.

The registration link, logistics memo, and draft agenda are forthcoming. Grantees will have an opportunity to review and provide feedback on the agenda during the July regional group calls. Look out for an e-mail from your CIHS Liaison for additional information.

## RESOURCES

### **In Case You Missed It: PBHCI Webinar on Billing Primary Care as a Behavioral Health Provider Recording Now Available**

On Thursday, June 28, Kathy Reynolds presented on billing medical services as a behavioral agency hiring medical providers. Grantees Don Thacker (Shawnee Mental Health Center, OH), Jon Garrey (Community Support Services, OH), and Kathy Bianco (Care Plus NJ) also shared their billing experiences. The recording from the webinar is now available: <https://www2.gotomeeting.com/register/686072682>

### **Nutrition and Exercise for Wellness and Recovery**

Overweight and obesity are highly prevalent among people with mental illnesses and lead to medical conditions that can be prevented or better managed with improved nutrition and physical activity. As referenced by Dr. Catana Brown during the grantee meeting, the *Nutrition and Exercise for Wellness and Recovery (NEW-R)* leader and participant manuals are available for free download at <http://www.cmhsrp.uic.edu/health/weight-wellbeing.asp>. This evidence-based curriculum is designed so that a peer, paraprofessional, or professional can lead the group. If you are interested in contacting Dr. Brown for questions or assistance, e-mail Emma Green at [emmag@thenationalcouncil.org](mailto:emmag@thenationalcouncil.org).

## RESOURCES

### **June eSolutions: Finance and Billing**

eSolutions is a monthly e-newsletter filled with practical solutions and resources on primary and behavioral healthcare integration from across the United States. This month's issue focuses on finance and billing. Articles include footing the bill for integrated care, tips for easier billing, and a profile of Care Plus NJ, who is working toward a sustainable infrastructure to financially sustaining its integration efforts. <http://www.cihs2.browsermedia.com/about-us/esolutions-newsletter/june-2012>

*The SAMHSA-HRSA Center for Integrated Health Solutions is a national training and technical assistance center dedicated to promoting the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings.*

---